WITH THE RIGHT TOUCH

JASON SEGEL & EMILY BLUNT HAVE CHARISMA TO BURN IN QUIRKY ROM-COM THE FIVE-YEAR ENGAGEMENT PAGE 8

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WEEKEND, April 27-29, 2012

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Regina faces challenges of expansion

Temp employment.
Seasonal workers can bring an increase in crime, experts say

M E POWELL
regina@metronews.ca

Regina's economic boom will bring challenges and opportunities to the city this spring.

An increased population means a thriving economy, but recent media articles cite experts who point out that an influx of seasonal workers can also bring an increase in crime and other social issues.

For example, suspects in the kidnapping and murder of teacher Sherry Arnold travelled to Montana seeking work, but were allegedly smoking crack cocaine and living out of a vehicle.

Police in Saskatchewan are working to "be vigilant in enforcement and education," says Sgt. Paul Dawson, RCMP spokesperson in Regina.

"You've got largely a young male population, high wages, lots of disposable income," says Dawson.

"I think it's only realistic to think that if you have, you know, a transient population, their stake in the community may not be as great as someone that's lived here their whole lives."

MORE COVERAGE, PAGE 2

Quoted

"I think it's only realistic to think that if you have, you know, a transient population, their stake in the community may not be as great as someone that's lived here their whole lives."

Sgt. Paul Dawson, RCMP spokesperson in Regina

CFL CHERRY-PICKING

Both the Roughriders and Eskimos said Thursday no deal has been made between them for the No. 1 pick in the Canadian college draft, and that Ben Heenan's visit was just a chance for him to tour Edmonton's facility. Heenan, seen here as a Saskatchewan Huskie in 2010, tops the list of prospects eligible for the draft. Story, page 13. DAVE CHIDLEY/THE CANADIAN PRESS

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1 NEWS

On the web

Risqué reading

Seems it's not just the ladies who are devoted to the erotic trilogy Fifty Shades of Grey. Men — young, old, gay and straight — have been devouring newcomer EL James' sexy series. Read the full story at metronews.ca

Who's teasing who?

Teachers south of the border have been caught hurling insults such as "bastard," "'tard," "damn dumb" and "hippo in a ballerina suit" at a special-needs student. Suspicious parents had armed their kids with audio recorders to figure out what was going on at school. Watch at metronews.ca

Mobile news

After two emergency landings in one week caused by birds flying into planes, a U.S. senator is asking for a solution that could solve the problem once and for all. Scan the code to read about the fatal goose roundup.

Investigation

Police searching after woman disappears

RCMP are looking for a woman missing since Wednesday whom they think might be headed for the Muskowekwan First Nation north of Fort Qu'appelle.

Beverly Ann Cyr, 47, of the Fishing Lake First Nation, was reported missing by her family. Her blue Dodge Caravan was last seen at the band office. She is five-foot-eight, about 215 pounds with black hair, brown eyes, and moles and pockmarks on her neck.

Anyone with information is asked to contact Southey RCMP or Crime Stoppers at 1-800-222-8477. METRO

Amber alert

Missing child found

A four-year-old girl who went missing on Thursday has been found.

Regina police issued an amber alert for Storm Slippery, who they believed was abducted by her father. Police were informed late Thursday afternoon that the child had been left with a family member.

Her father, Anthony Joseph Slippery, 32, was taken into custody and charges are anticipated. METRO

Storm Slippery was found safe on Thursday. CONTRIBUTED

No details yet

Nurses to vote on new contract

The province's 9,000 nurses and their employer, the Saskatchewan Association of Health Organizations, have arrived at a tentative contract. Details of the proposed two-year deal will not be released until after it is ratified in the coming weeks. METRO

Go ahead and twist yourself up in knots

Colin Hall, yoga instructor and owner of Bodhi Tree Yoga Studio, relaxes on his day off Thursday by busting a few moves. He plans on attending the Body, Soul and Spirit Expo this weekend at Conexus Arts Centre. The show features exhibits on everything from alternative therapies and natural healing to esoteric philosophy and astrology. CARRIE-MAY SIGGINS/METRO

Growing pains and gains

Saskatchewan boom. The pros of growth outweigh the cons, RROC chief says

M E POWELL
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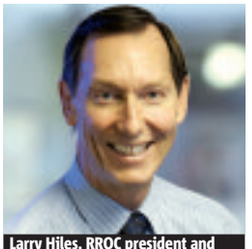
Some 15 years ago, skilled younger workers were leaving Saskatchewan to find jobs. Now the province faces the opposite challenge, says Larry Hiles, president and chief executive of the Regina Regional Opportunities Commission.

A quick scan of SaskJobs.ca shows roughly 11,000 job vacancies in the province, and more than 3,000 of these are located in Regina.

Canada has a number of programs designed to attract workers to the province, such as the Saskatchewan immigrant-nominee program. The RROC has participated in two major searches in Toronto and Montreal over the past six months, with some 30 per cent of those attending being recent immigrants mostly from Asian and European countries.

About 4,000 people moved here to stay last year, Hiles says, and all are immigrants. Some 500 new residents of Estevan are from the Philippines, Germany and Ukraine, Estevan Mayor Gary St. Onge says.



Larry Hiles, RROC president and CEO. CONTRIBUTED

"This is a pretty exciting time, and we're extremely pleased with the growth we're seeing," Hiles says. "But you know, everything brings new challenges, and I'd rather have these challenges than the ones we used to have."

Every week, some 2,800 loaded trucks travel Regina's roads, and that number is expected to rise to 4,800 trucks a week, Hiles says.

Temporary housing is also a challenge in Regina, he says. With the overall population boom and rise in property values, builders have concentrated on single-family dwellings and transforming apartment buildings into condominiums.

As a result, seasonal construction workers have had to take up residence in campground trailers, month-to-month hotel rooms, and rented basement suites or house-sitting arrangements.

"These are all implications of the growth," Hiles says, "because people will find a way around the problems they face."

Eye on Estevan

With growth comes rise in crime

Saskatchewan RCMP in enforcement, intelligence and border security attended a Montana workshop this week to "share best practices and gather intelligence that may be helpful" to each of their respective units, says Sgt. Paul Dawson, RCMP spokesperson in Regina.

"It's always going to be a part of a police officer's duties to enforce the law and charge people, but I think there's much more satisfaction when you can really try to prevent some of the crimes from occurring in the first place."

Estevan's website says it's the fastest-growing city in the province. It's in the heart of oil and gas exploration, some 16 kilometres north of the North Dakota border.

Gary St. Onge CONTRIBUTED

Mayor Gary St. Onge anticipates temporary workers this spring for construction projects. With crime having risen 21 per cent overall last year, the city will be adding another officer to its 20-unit police force, and the RCMP also has a unit of about six officers in the area.

Economic expansion also brings road maintenance and housing challenges, St. Onge says. Already, about 900 trucks pass by Estevan every day, and he anticipates even more. "They beat up the roads pretty bad." M E POWELL/FOR METRO

Up in the air. RCMP launch chopper search over Regina

The RCMP dispatched a helicopter over Regina on Thursday morning to search for missing persons. Five Regina residents are missing, and RCMP requested the aircraft to help in the search.

"Luckily there was one available," says Rob King, media spokesperson for the Saskatchewan RCMP.

On Wednesday, the aircraft circled Camsack in its search, and on Thursday it flew over the Queen City. Two people usually go up in the craft and get an unassisted view of the ground below. The craft is equipped with a Fluer Video Camera for night searches.

The helicopter allows for a different kind of search than that of a single-engine aircraft. "It allows you to do things that (other craft) can't do," King says. "You can go lower to the ground and stay localized in one area longer."

King says this time of year is ideal for a helicopter search, as there's little foliage on the trees and visibility is clear.

The RCMP were unable to say if their aerial search was successful. As of about 1 p.m. on Thursday, the helicopter left Regina and headed toward Swift Current. METRO

Regina dancer overjoyed with ballet scholarship

Future ballerina. Young local girl given scholarship to Royal Winnipeg Ballet School

CARRIE-MAY SIGGINS
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Attending dance classes almost every night of the week has paid off for Regina's Polly Guay. She is the 2012 Saskatchewan recipient of the coveted Investors Group Summer Scholarship with the Royal Winnipeg Ballet (RWB) School.

"I'm very excited," 10-year-old Polly told Metro.

Polly will receive four weeks of training with the RWB and a chance to earn a place in the full-time Professional Division.

The RWB School Ballet Academic Program visited 16 cities across North America and selected one talented dancer from each province and territory. Scholarships cover tuition, transportation and other costs.

Each one of her three siblings is involved in Ukrainian dance, and, when Polly was three, she began taking classes in the traditional dance as well. A year later, her mother entered her into a class to help with her Ukrainian dancing, and she's been enamoured ever since.

"I love ballet," says Polly. "I don't know why, I just do." She wants to one day dance professionally with the RWB.

Johanne Gingras, artistic faculty member with RWB, says there a number of elements that they look for in a potential scholarship recipient. "We look for excellence in co-ordination, musicality, body awareness and flexibility in all our auditionees.

"The Investors Group scholarships are awarded to the most talented auditionee to acknowledge their potential and encourage them to pursue dance in a more focused way."

Polly will join more than 200 other students this summer at the RWB Professional Division Summer Session, which takes place July 1 to 27.

Popular program

200

More than 200 students that will be joining Polly Guay at the RWB Professional Division Summer Session.

Regina's Polly Guay, 10, performs at the Kalyna Dance Festival in Yorkton. ROSALIE SYNK/CONTRIBUTED

America's Justin Dowd wins Race for Space

Metro winner. Physics student from Boston beats thousands for ticket to outer space

Justin Dowd, 22. NICOLAUS CZARNECK/METRO

Justin Dowd from Worcester, Mass., has won the Race for Space, the global competition to select one Metro reader to travel into space.

Dowd beat candidates from across the globe to win the coveted once-in-a-lifetime ticket on board the XCOR Lynx, a first-generation, rocket-powered space plane currently being built by spaceflight company SXC (Space Expedition Curaçao).

Dowd has both the mental and physical strength needed to be a perfect astronaut. Dowd, a physics and maths undergraduate at Northeastern University, wowed the judging panel with his stunning chalkboard stop-motion video on Einstein's theory of relativity. Aside from his studies, Dowd is currently training for a grueling 19-kilometre endurance obstacle-course race.

"My motivation for him is that he really provides an amazing package in the combined qualities of scientific background, artistic qualities, dedication and the gift to tell a fascinating story," said Harry Van Hulten, test pilot with SXC and global jury member that selected Dowd.

"He is absolutely unique. He taught me things in his video that I didn't understand as well as I do now. He really blew me away with that. I can't think of any better ambassador to tell the story about this space trip than him."

Dowd will receive astronaut training ahead of the trip scheduled for 2014. The "civilian astronaut" will be able to chronicle his preparations and space flight in a series of reports published in Metro across the globe.

"I have dreamt of going to space since starlight first streamed into my telescope," Dowd said. "My instinctive desire to see the Earth from above connects to a fundamental human yearning. Curiosity drives us to hurdle into the unknown for a chance of learning a deeper truth about our world." METRO WORLD NEWS

Quoted

"It's pretty awesome.... This is just the beginning!" Justin Dowd

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Whoops

PMO likely shredded historical documents

The prime minister's mail room has lost some historical documents on sports, music and politics — and they appear to have been accidentally shredded.

The package of six documents, a gift, arrived in the facility last May. The envelope was date-stamped as being received but it got lost.

THE CANADIAN PRESS

Military hearing

Once-happy son killed himself after tour: Mom

Sheila Fynes is telling a military complaints commission about her son, Cpl. Stuart Langridge, who killed himself in 2008 after returning from Afghanistan in 2005. Fynes says a boy who was once happy-go-lucky shut down after coming home.

THE CANADIAN PRESS

Elderly beekeeper

Accused war criminal, 91, lives quietly in Quebec

A man alleged to be one of the world's most-wanted Nazi war criminals is living a quiet life keeping bees and selling honey in rural Quebec.

Vladimir Katriuk's name was recently added to the Simon Wiesenthal Centre's list of the world's 10 most-wanted suspected former Nazis. The married Ukrainian-Canadian of Ormstown, Que., won't discuss the allegations.

THE CANADIAN PRESS

Michael Rafferty trial

Crown's case winds down

The car belonging to the man accused of killing Victoria Stafford was an assortment of poorly done or odd modifications. Those features can be seen in surveillance video from the day the girl was abducted, court heard Thursday in London, Ont.

THE CANADIAN PRESS

Harper to vote against motion from his own MP

Abortion debate. Conservative backbencher wants to set up committee to review Criminal Code language on fetuses

Prime Minister Stephen Harper says he'll vote against a motion introduced by one of his own MPs that has reignited the national abortion debate.

The Opposition and pro-choice advocates have criticized Harper for allowing debate on the motion.

Harper called the abortion motion from MP Stephen Woodworth unfortunate.

The motion would set up a committee of MPs to review the Criminal Code section that says a fetus does not become a human until birth is complete. THE CANADIAN PRESS

MP Stephen Woodworth rises on Thursday to start the debate on when human life begins. ADRIAN WYLD/THE CANADIAN PRESS

Expenses

Oda has repaid limo costs: Office

International Co-operation Minister Bev Oda has agreed to repay almost $3,000 she charged taxpayers for limousine service while staying at a posh hotel in London.

The beleaguered Conservative minister had already coughed up $1,353.81 in extra hotel charges after media reports that she upgraded to the five-star-plus Savoy Hotel for unknown reasons during a conference last June.

The conference on international immunizations was at another five-star hotel where Oda cancelled her cheaper room in favour of the tonier Savoy, more than two kilometres away.

A terse message from Oda's office said all costs that should not have been expensed have been repaid.

Oda's expensive tastes, including a $16 glass of orange juice at the Savoy, created a storm of controversy as the government is cutting overseas development funding.

THE CANADIAN PRESS

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Sierra Leone. Civil-war survivors celebrate warlord's conviction

Thousands of people who survived Sierra Leone's brutal civil war a decade ago celebrated Thursday after learning that Charles Taylor had been convicted for his role in the conflict that left behind countless amputees and traumatized former child soldiers.

Officials had set up special viewing sites for people to watch the verdict live as it was read from the Netherlands.

On Thursday, officials set up an area for several hundred residents of Tombodu to listen to the verdict live from the Netherlands, but they couldn't get a radio signal. Some villagers carrying transistor radios wandered hillsides trying to pick up a signal from the capital, Freetown. THE ASSOCIATED PRESS

Justice

"I am happy that the truth has come out ... that Charles Taylor is fully and solely responsible for the crimes committed against the people of Sierra Leone."
Jusu Jarka, survivor

Airport adventure

Puppy escapes onto LaGuardia runway

A puppy named Byrdie delayed several flights at New York's LaGuardia Airport when she escaped from her crate and ran around a busy runway.

The Port Authority says the dog was loose for about 10 minutes Wednesday while authorities unsuccessfully tried to catch her.

The agency says they had to find the dog's owner aboard the Memphis-bound Delta Airlines flight to help catch her. THE ASSOCIATED PRESS

Sounding off through song

Some 40,000 people stand in the drizzling rain in Youngstorget Square in Oslo on Thursday to participate in the singing of "Barn av Regnbuen" (Children of the Rainbow). KYRRE LIEN/THE ASSOCIATED PRESS

Power of music

Those gathered sang the Norwegian lyrics:

"A sky full of stars, blue seas as far as you can see. An earth where flowers grow, can you wish for more? Together shall we live, every sister, brother. Young children of the rainbow, a fertile land."

Norway. Thousands gather in public squares to commemorate those killed in massacre

They gathered by the tens of thousands, aiming to face down terror with the power of music.

Inspired by a Facebook-organized protest, Norwegians flocked to public squares across the country Thursday, ignored the drenching rain and lifted their voices in song.

Their target: Far-right fanatic Anders Behring Breivik, now on trial for a bomb-and-shooting rampage that killed 77 people. Their weapon: A children's tune that he claims has been used to brainwash the country's youth into supporting immigration.

Defiant singalongs of Children of the Rainbow were staged in Oslo and other major Norwegian cities, while in court survivors of Breivik's attacks gave tearful testimony in the ninth day of his trial.

In downtown Oslo alone, some 40,000 people chimed in as Norwegian artist Lillebjoern Nilsen played the song — a Norwegian version of American folksinger Pete Seeger's My Rainbow Race.

In testimony last week, Breivik mentioned the tune as an example of how he believes cultural Marxists have infiltrated Norwegian schools and weakened its society.

Later, the crowd marched to the Oslo courthouse, where they laid a carpet of red and white roses on the steps and the fence.

Reached at home in Beacon, N.Y., the 92-year-old Seeger told The Associated Press he had heard about the mass gathering from Nilsen, who called him Thursday morning.

"I said, 'Oh, that's wonderful,'" Seeger said. "It's a tremendous honour, really. One of the greatest honours a songwriter could have is to have a song of theirs sung in another country."

Shocked by Breivik's lack of remorse for the massacre, Norwegians by and large have decided the best way to confront him is by demonstrating their commitment to everything he loathes. Instead of raging against the gunman, they have manifested their support for tolerance and democracy. THE ASSOCIATED PRESS

Tories table tighter CMHC oversight

'Stress tests'. With household debt rising, government-backed mortgage oversight increases

The federal government is increasing oversight on the issuing of government-backed mortgages in Canada, while also putting more of the risk for lending on the banks.

As previously signalled in the budget, Finance Minister Jim Flaherty tabled changes Thursday that will place Canada's Mortgage and Housing Corp. under the control of the federal financial regulator.

Flaherty said CMHC has become a significant financial-sector player in Canada, and it was appropriate that it meet the high standards of soundness demanded by the Office of the Superintendent of Financial Institutions.

"I've been concerned about CMHC for some time. In this sense, it's become an important financial institution in Canada and it was not subject to the same supervision" as banks, he said. CMHC will be subject to annual "stress tests" like those that currently exist for banks to ensure its financial soundness under extreme economic conditions. THE CANADIAN PRESS

Minor tweaks

TD Bank chief economist Craig Alexander called the changes "appropriate" and minor "tweaks" to Canada's financial regulations, particularly compared to the major overhaul occurring in the United States.

- "This isn't going to make a big difference to either the real-estate market or Canadians," Alexander said. "Banks will continue to offer covered bonds, but they just won't be able to use CMHC-insured products in those bonds."

Vespa unveiled in India

Models pose with a Vespa scooter during its launch in Mumbai, India, on Thursday. The Italian company hopes to carve out a market for luxury scooters in one of the most cost-conscious markets in the world. The Vespa LX will cost around $1,282 US in India — a 40 per cent premium to most scooters, but still the lowest sticker price in the world. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Supreme Court. Appeal involving new carrier Wind Mobile denied

A two-year legal battle that centred on whether new wireless carrier Wind Mobile was Canadian-owned and controlled when it entered the market was put to an end Thursday by the Supreme Court of Canada.

The high court decided it will not hear an appeal of a Federal Court decision involving Wind Mobile, meaning it's business as usual for the wireless carrier and its roughly 400,000 customers.

Rival wireless company Public Mobile had argued rules for Canadian ownership and control had not been applied to Wind Mobile and wanted the Supreme Court to hear the case.

As usual, the high court did not give reasons for refusing to hear the appeal.

"The two-year-long, silly battle brought by our competitor is finally over and we've won," Wind Mobile chairman Anthony Lacavera said from Toronto.

Wind Mobile was one of several new entrants into the mobile-phone market in Canada following a wireless-spectrum auction in 2008.

Its major backer was an Egyptian telecom company. THE CANADIAN PRESS

Overruled

"I think they should stop complaining and start competing."

Anthony Lacavera, Wind Mobile chairman

Market Minute

DOLLAR 101.63¢ (-0.05¢)

TSX 12,145.85 (+34.78)

OIL $104.55 US (+43¢)

GOLD $1,660.50 US (+$18.20)

Natural gas: $2.036 (-3¢)
Dow Jones: 13,145.85 (+113.90)

Online. Suspicions swirl around rules governing content on Google Drive

Google is facing suspicion and confusion as it tries to persuade people to entrust personal documents, photos and other content to the company's new online storage service.

That became apparent shortly after Tuesday's unveiling of the Google Drive service. Before the day was over, technology blogs and Twitter users were seizing on a legal clause in the "terms of service" that could be interpreted to mean that any content stored in Google Drive automatically becomes Google Inc.'s intellectual property.

The confusion centred on a passage advising that anyone uploading or submitting content to Google Drive will grant Google "a worldwide licence to use, host, store, reproduce, modify, create derivative works (such as those resulting from translations, adaptations or other changes we make so that your content works better with our services), communicate, publish, publicly perform, publicly display and distribute such content." THE ASSOCIATED PRESS

Storage service

"You retain ownership of any intellectual property rights that you hold in that content."

Google disclosure

A protester dressed as Rupert Murdoch, right, holds a puppet of Britain's Culture Secretary Jeremy Hunt in London Thursday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Murdoch says his executives were the victims of a cover-up

News Corp. executive chairman Rupert Murdoch said Thursday that his U.K. newspaper company was the victim of a cover-up, alleging that he and his son were deliberately kept in the dark about phone hacking at the News of the World.

Murdoch was being questioned at a media-ethics inquiry led by Lord Justice Brian Leveson, which was set up following the scandal over large-scale wrongdoing at the Sunday tabloid.

"The senior executives were all misinformed, and shielded from anything that was going on there," he told the inquiry. "I do blame one or two people for that."

He didn't name them, but in suggestive comments identified one of those people as "a clever lawyer" who drank with many of the journalists involved.

"This person forbade them to go to (News International chief executive) Mrs. (Rebekah) Brooks or (Murdoch's son) James," he testified.

Murdoch has condemned phone hacking and other media misdeeds but claims he was unaware of its scope

"All I can do is apologize," the 81-year-old said at Thursday's hearing, allowing that he could have done more to nip the scandal in the bud.

Murdoch's earlier testimony has focused on his political influence. Murdoch has downplayed his political role in Britain and says he has not sought special favours. THE ASSOCIATED PRESS

EU warning

Visa requirement may scuttle trade

The European Union warned Thursday that Canada's long-sought free-trade deal could ultimately be blocked because of anger in three Eastern European countries — the Czech Republic, Hungary and Bulgaria — over travel visas imposed on their citizens by Ottawa. It throws cold water on the Harper government's plan to warm Canadians to a free-trade deal with the 27-country bloc. THE CANADIAN PRESS

HotelTonight

App now offering last-minute deals

A new mobile app that launched in Canada on Thursday promises to find the best hotel deal for a last-minute stay.

According to Sam Shank, there's a multibillion-dollar business opportunity in offering cut-rate hotel rooms with mere hours to spare.

The CEO of the mobile app HotelTonight, now available in Toronto and Vancouver, says there's big money in helping hotels clear out their inventory at the last minute. And he says needing a hotel room with no advance notice is a surprisingly common dilemma, especially among business travellers.

"We're going after the spontaneous or last-minute need," says Shank, noting he doesn't recommend that thrifty travellers hold off on booking a hotel until the day of their trip.

It's for "people who woke up in the morning and didn't realize they were going to need or want a hotel room. That same-day market right now is about 15 per cent of the (overall hotel business), which globally works out to be about $70 billion or $80 billion." THE CANADIAN PRESS

Executive pay

CIBC faces tough questions from shareholder group

CIBC has become the second large Canadian bank in a month to face shareholder frustration over the level of compensation paid to senior executives.

Shareholder-rights group Medac and a bank critic unsuccessfully urged shareholders at the annual meeting Thursday to approve motions to change the way compensation is doled out. THE CANADIAN PRESS

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KIM AND KANYE, A MATCH MADE IN ... HOLLYWOOD

THE LIST
Neil Morton
Metro

1 Bachelor Canada reveal. The Canadian version of The Bachelor franchise debuts this fall, and next Tuesday, May 1, the first ever Canuck bachelor will be revealed. They are dropping daily hints at BachelorCanada.ca about who the lucky guy will be. Here's your main hint: It's not me. I am taken. I know — you're all devastated.

2 The Windsor Hum. A mysterious, low-frequency rumble dubbed the Windsor Hum has been annoying the heck out of people in Windsor, Ont., for the past couple of years. Apparently, it originates from an industrial site in Michigan, and even our feds are now investigating. There's a @TheWindsorHum account on Twitter. Minus that hum noise.

3 Triple play. The Toronto Blue Jays turned a triple play in a 4-3 win over Kansas City, their first since 1979. Though it was really their first since 1992, if you count the terrible missed call in Game 3 of the World Series when Kelly Gruber clearly tagged an Atlanta Braves base runner before he reached base. Same thing happened to me in a T-ball game in 1978.

4 Will and Kate's first anniversary. The world's most famous couple is celebrating their first anniversary this Sunday. Can you believe nearly 365 days have passed since two billion people watched the royal wedding!? Before you know it, WillKat will be celebrating 10 years of marriage with their three kids, two pets and 1.5 cars. In their palace.

5 They grow up fast. A father from the Netherlands filmed his daughter every week from birth up until age 12, and posted a time-lapse video of her growth, called Portrait of Lotte, on Vimeo. It has gone viral, and said dad has totally raised the daddy bar. Message to soon-to-be dads: Get your video cameras ready. You have a lot of filming to do.

6 Ron Artest. He changed his name to Metta World Peace but the L.A. Laker should consider changing it back to Ron Artest or Metta World Chaos after the absolutely vicious elbow he threw at Oklahoma City's James Harden in a game on Sunday. The reputation he worked so hard to restore after that incident in 2004 where he climbed into the stands and started a brawl with fans at the Palace of Auburn Hills, Mich. ? Gone.

7 Kim Kardashian and Kanye West. If you were to put two of the most self-indulgent, conceited, narcissistic people together in the ultimate exercise in match-making egocentrism, you would get this couple. And it has happened. They are an item. But this might not work. See, they are both in love with someone else. Themselves.

8 Ford's weigh-in cancelled. Toronto Mayor Rob Ford, who began his Cut the Waist challenge in January, hoping to lose 50 pounds by June, keeps cancelling his weekly weigh-ins. For the third time in a month, he didn't show up. Either he chickened out or was too busy trimming budgets rather than himself.

9 Red Hot Chili Peppers. Next week, they'll release We Salute You, an EP of classic covers to celebrate their recent induction into the Rock and Roll Hall of Fame in Cleveland, including covers of previous inductees like the Ramones and Neil Young. Doubt Axl Rose would ever do such a thing. He refused to be inducted with his band, Guns N' Roses. (Un)sweet child.

They grow up fast. Watch young Lotte go from baby to pre-teen in the video at metronews.ca/voices/metrotube-of-the-day. VIMEO

Get your blood pumping

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Body art

U.K. needs more blood this year

LONDON. It's what you can call "body art-ery." Donors from each of the four main blood groups are painted with vessels to raise awareness of the need for donors of all blood types. Britain's National Health Service says it needs 30 per cent more blood than normal during the Diamond Jubilee and Olympic Games. **METRO**

Running low

Public events affect donations

REASONS. The increase is needed because of the high number of events in Britain this year. Past experience shows that donors miss appointments during national celebrations as routines are disrupted. This, combined with foreign visitors with a different blood mix, may also put a high demand on specific blood groups. **METRO**

Donation 101

- After donating, blood is broken up into different parts in a centrifuge machine; red blood cells are then separated from liquid plasma.
- 65 per cent of all blood donations are made in developed countries, home to just 25 per cent of the world's population.

Every unit counts

7,000

extra units of blood (each approximately half a litre) is what hospitals in England and North Wales need every day to deal with medical demands. Each unit saves or improves the lives of three patients.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you ever been a victim of workplace bullying?

Twitter

@kashbahia: RT @garretwoynarski: AMBER ALERT radiates very effectively throughout the community. Many pairs of eyes on the lookout. #impressed #yqr #goodcitizens #WHYQR

@DarrenSproat: Sask Business News: Target confirms conversion of Zellers Northgate Mall store http://bit.ly/IrwKHn #Sask

@ItsGodzirra: RT @reginapolice: Confirmed! We have Storm! Thank you all so much for your help in sharing these photos and our message!

@KarlitaMae: Congrats @reginapolice on your great work and results with the #amberalert . Bravo

@Timeraiseryqr: Work hard, play hard, volunteer hard - #yqr #gennext knows how to rock young professional life! http://t.co/pwVDHDBJ #timeraiseryqr

metro

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SCENE

Scene in brief

Houston sparkles

Cee Lo Green, Mike Epps and Jordin Sparks help Whitney Houston return to the big screen for the last time in the girl-group movie Sparkle. Houston served as executive producer of the movie, which had already finished filming in Detroit when she died in Beverly Hills on Feb. 11 at age 48. A brief preview Wednesday night at the CinemaCon conference in Las Vegas featured Houston's trademark dazzling smile as she danced in a living room in celebration. The remake of the 1976 movie stars Houston as the mother of three girls who form a singing group and struggle with fame and drug addiction. The movie, scheduled for release in August, was seen as a comeback vehicle for the superstar.

THE ASSOCIATED PRESS

On the web

Spidey's rogues' gallery to rattle new The Amazing Spider-Man game

Jason Segel and Emily Blunt have a long wait before their nuptials in The Five-Year Engagement. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Waiting for a wedding

The Five-Year Engagement.
Rom-com driven by its charming and charismatic coupling

Richard: Mark, somewhere etched on a stone tablet are the Rules of Rom-Coms™. All romantic comedies, it seems, must have an unlikely couple meet, fall in love, hit an obstacle and then reconcile just before the credits roll. Five-Year Engagement is no different, but shakes up the formula with some dark comedy — frostbite, anyone? — and two leads with charm and charisma to burn.

Mark: Normally I would appreciate the dark touches in a movie like this, but instead I found they wrecked the comic tone. That tone, incidentally, was also compromised by an uneven script that was just too long and repetitive. I have nothing but praise for the actors, though. I cared about the two leads, and without them there would be no picture, but it was all the wonderful comic turns by some of my favourite character-savvy comedians that made the film. My favourite? Brian Posehn, from the Sarah Silverman Show. Yours, Richard?

RC: I agree with you to a point. I liked the darker touches because they helped separate this from the run-of-the-mill rom-com. Having said that, they also weigh down the midsection of the movie. Luckily this isn't Kristen Bell, or worse yet, Katherine Heigl and any other Standard Romantic Male Lead™, but Blunt and Segel. They are the engine that keeps the movie moving forward. They are helped not only by Posehn, but also Community's Alison Brie, who is a scene-stealer. Watching her and Blunt have a grown-up conversation in Muppet voices is worth the long running time.

MB: Almost, but not quite. The five-year engagement should not feel like it's spooling out in real time. The Muppet scene is priceless. So is Segal's desperate and exhausted sex scene with his younger girlfriend. And if it's dark comedy you like, look no further than Segal's brunch with his parents toward the end of the movie. There is indeed much to admire and enjoy in this movie. But all the jokes that involved life in small-town Michigan seemed worn, as did the restaurant scenes. The university researchers made me laugh, mostly due to Kevin Hart, Mindy Kaling and Randall Park. But see? Too much going on here!

RC: It could have used some trimming, but for me it succeeds not because it follows Rules of Rom-Coms™ but because it doesn't.

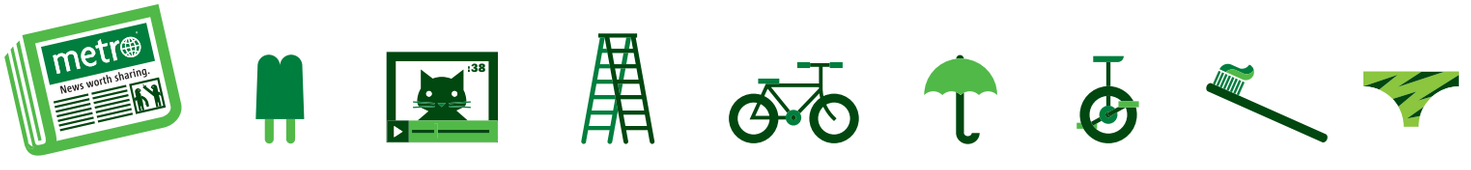
MB: And the liberal use of Van Morrison tunes nudges this one over into the plus column for me.

Synopsis

Jason Segel is Tom, a San Francisco chef engaged to his girlfriend Violet (Emily Blunt). The quirky couple — they go to parties dressed as Princess Diana and Super Bunny — are a perfect match, but circumstance is getting in the way of the wedding plans. First Violet's sister Suzie (Alison Brie) preempts her sister's big day by getting pregnant and planning a shotgun wedding. Then psychology student Violet accepts a place in a two-year graduate program at the University of Michigan, once again placing a speed bump in the way of their walk down the aisle.

- Richard: ●●●○○
- Mark: ●●○○○

Sharability



Action

Safe

Director. Boaz Yakim

Stars. Jason Statham, Catherine Chan

While Jason Statham has shown acting skill, the British star's one-note script choices — like playing a former crooked cop seeking redemption by saving a mathematically-gifted young girl from the mob — does little to advance his typecasting. Plus, plenty of up-close frenzied fight scenes only muddle what's an already formulaic action-thriller. If he keeps turning out movies like Safe, Statham will surely end up this generation's Chuck Norris.

STEVE GOW

Comedy

The Pirates! Band of Misfits

Director. Peter Lord

Stars. Hugh Grant, David Tennant

Another fantastic stop-motion comedy from filmmaker Peter Lord (Chicken Run), The Pirates! tells the tale of a band of bumbling buccaneers trying to upgrade their captain's award status from "best anecdote of a squid" to the Pirate of the Year despite his sheer incompetence. With plenty of clever visual gags (too many for just one viewing) and witty detail, Lord delivers a triumphant treasure chest for audiences of every age.

STEVE GOW

Thriller

The Raven

Director. James McTeigue

Stars. John Cusack, Alice Eve

Taking the meta-film stance that an ever melancholy, alcohol-fuelled Edgar Poe might have been embroiled in a real life serial killer case with his own work as the key is a pleasingly post-modern device. And while director James (V for Vendetta) McTeigue's film never really rises to the wild heights that premise promises, it's still an entertaining, handsomely designed yarn well told, undermined somewhat by a meat and potatoes script and some weak supporting casting. But John Cusack, finally playing his age, is fantastic.

CHRIS ALEXANDER

THESE PAGES COVER MOVIE START TIMES FROM FRI., APRIL 27 TO THURS., MAY 3. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall 3025 Gordon Rd., 306-585-7442

21 Jump Street (14A) Fri 7:10-10 Sat-Sun 1:10-3:50-7:10-10 Mon-Thu 5:30-8:10
American Reunion (18A) Fri 7:30-10:10 Sat-Sun 1:40-4:20-7:30-10:10 Mon-Tue 5:50-8:30 Wed 1:40-5:50-8:30 Thu 5:50-8:30
Dr. Seuss' the Lorax (G) Fri 6:20 Sat-Sun 1-3:40-6:20 Mon-Tue 5:20 Wed 1:30-5:20 Thu 5:20
The Hunger Games (PG) Fri 6:40-9:50 Sat-Sun 12:20-3:30-6:40-9:50 Mon-Tue 5:10-8:20 Wed 1:40-5:10-8:20 Thu 5:10-8:20
Lockout (14A) Fri 7:40-10:20 Sat-Sun 1:50-4:30-7:40-10:20 Mon-Thu 5:10-7:40
The Lucky One (PG) Fri 7-9:40 Sat-Sun 1:20-4-7-9:40 Mon-Thu 6:10-8:40 Star & Strollers Screening Wed 1
Mirror Mirror (PG) Fri 7:20 Sat-Sun 12:30-3:10-7:20 Mon-Tue 5:40 Wed 1:20-5:40 Thu 5:40
The Pirates! Band of Misfits (G) No Passes Fri 6:50-9:10 No Passes Sat-Sun 1:30-4:10-6:50-9:10 No Passes Mon-Thu 6-8:10 Star & Strollers Screening, No Passes Wed 1
Project X (18A) Fri-Sun 10 Mon-Thu 8:30
The Three Stooges (PG) Fri-Sun 9 Mon-Thu 7:30
Titanic 3D (14A) Fri 8:50 Sat-Sun 12:40-4:40-8:50 Mon-Thu 7:20
Wrath of the Titans 3D (14A) Fri 6:30-9:20 Sat-Sun 12:50-3:20-6:30-9:20 Mon-Thu 5:20-7:50

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit 26, 306-522-9098

21 Jump Street (14A) Fri-Sat 4:30-7:10-9:50 Sun 4:30-9:50 Mon-Thu 7:10-9:50
American Reunion (18A) Fri-Sun 4:55-7:35-10:20 Mon-Tue 7:35-10:15 Wed 10:15 Thu 7:35-10:15
The Bright Stream: Bolshoi Ballet - Live (STC) Sun 1
The Cabin in the Woods (18A) Fri 5:20-7:50-10:15 Sat 12:40-3-5:20-7:50-10:15 Sun 3:30-7:50-10:15 Mon-Wed 7:50-10:15 Thu 10:15
Chimpanzee (G) Fri 4:55-7:05-9:15 Sat 10:50-12:40-2:45-4:55-7:05-9:15 Sun 12:40-2:45-4:55-7:05-9:15 Mon-Thu 7:05-9:15
China Heavyweight - A Hot Docs Live Presentation (STC) Wed 7
Dr. Seuss' the Lorax 3D (G) Sat-Sun 12:25-2:40
The Five-Year Engagement (14A) No Passes Fri 4:35-7:30-10:25 No Passes Sat 10:50-1:40-4:35-7:30-10:25 No Passes Sun 1:40-4:35-7:30-10:25 No Passes Mon-Thu 7:30-10:20
The Hunger Games (PG) Fri 3:50-7-10:10 Sat-Sun 12:30-3:40-7-10:10 Mon-Tue 7-10:10 Wed-Thu 7-9:40
Indie Game: The Movie - A Hot Docs Live Presentation (STC) Thu 7
The Lucky One (PG) Fri 5:25-8-10:30 Sat 12:25-2:55-5:25-8-10:30 Sun 12:25-2:55-5:25-7:15-10:30 Mon-Thu 8-10:25
Madagascar (G) Sat 11
The Pirates! Band of Misfits (G) No Passes Sat-Sun 12:35
The Pirates! Band of Misfits 3D (G) No Passes Fri 5:05-7:20-9:40 No Passes Sat-Sun 2:50-5:05-7:20-9:40 No Passes Mon-Thu 7:20-9:40
The Raven (18A) Fri 5-7:40-10:20 Sat-Sun 2:25-5-7:40-10:20 Mon-Thu 7:40-10:20
Safe (14A) Fri 5:45-8:10-10:35 Sat 10:50-1-3:20-5:45-8:10-10:35 Sun 1-3:20-5:45-8:10-10:35 Mon-Thu 8:10-10:30
Wrath of the Titans (14A) Sat 11:30-2 Sun 2
WWE Extreme Rules - 2012 (STC) Sun 6

Kramer IMAX Theatre

2903 Powerhouse Dr., 306-522-4629

No Films Showing Today (STC) Mon
To the Arctic 3D (G) Fri 1-3:30-4:45-7:15 Sat-Sun 1-3:30-4:45 Tue-Wed 1-3:30-4:45 Thu 1-3:30-4:45-7:15
Tornado Alley 3D (STC) Fri 2:15-6 Sat-Sun 2:15-6-7:15 Tue-Wed 2:15 Thu 2:15-6

Paradise Cinema 1011 N. Devonshire Dr., 306-522-7888

Journey 2: The Mysterious Island (G) Fri 7 Sat-Sun 1:30-4-7 Mon-Thu 7
Mirror Mirror (PG) Fri 6:50-9:15 Sat-Sun 1:10-3:50-6:50-9:15 Mon-Thu 6:50-9:15
Safe House (PG) Fri-Thu 9:30
Golden Mile
3806 Albert St., 306-359-5250
Act of Valor (14A) Fri-Thu 1:35-4:05-6:50-9:20
Alvin and the Chipmunks: Chip-wrecked (G) Fri-Thu 1:45-3:55
Big Miracle (G) Fri-Wed 1:30-3:55-6:35-9:40 Thu 3:55-6:35-9:40 Thu 1
The Descendants (PG) Fri-Thu 1:25-4-7-9:30
John Carter (PG) Fri-Thu 1:10-3:45-6:30-9:25
This Means War (PG) Fri-Thu 6:55-9:45
A Thousand Words (PG) Fri-Thu 1:50-3:50
The Vow (PG) Fri-Thu 1:20-3:45-6:40-9:55
Wanderlust (14A) Fri-Thu 7:05-9:50
We Bought a Zoo (PG) Fri-Thu 1:15-3:50-6:45-9:35

Regina Public Library Film Theatre 23 11 12th Ave., 306-777-6104

Listings not available at press time.

There's no 'I' in team ... or The Avengers

Ego check. Robert Downey Jr.'s Tony Stark has to learn to play nice with all the other superheroes

Robert Downey Jr. is Tony Stark a.k.a. Iron Man. HANDOUT

Billionaire genius Tony Stark had to learn to play well with others in The Avengers after two Iron Man films where he was the main attraction.

So did Robert Downey Jr., though his path to superhero team player came without the fisticuffs and rivalries that Stark stumbles into with his fellow Avengers, who beat up on one another a bit before they figure out how to work as a group.

Downey's had a long time to get ready for something beyond his close-up in the solo outings as Stark, the Marvel Comics superhero in a metal suit. The idea that Downey would become part of an ensemble of heroes was teased at the end of the first Iron Man, with Avengers producer and Marvel Studios boss Kevin Feige steering such follow-ups as Thor and Captain America: The First Avenger toward that aim.

"I had five years to prepare myself, because Kevin Feige and the Marvel team had been saying that it was kind of heading toward this," Downey said.

Opening May 4, The Avengers casts Samuel L. Jackson as Nick Fury, head of peacekeeping agency S.H.I.E.L.D., which rounds up a dream team of good guys (Downey's Iron Man, Scarlett Johansson's Black Widow, Chris Hemsworth's Thor, Chris Evans' Captain America, Mark Ruffalo's Incredible Hulk and Jeremy Renner's Hawkeye) to battle Thor's evil brother (Tom Hiddleston).

While it's an all-star cast, Downey's the mega-star. But unlike the diva moments among Stark and some of the other alpha dogs of the Avengers, there was no big-footing among the performers, according to the actors and director Joss Whedon.

"Personally, the Iron Man series so far has always been about making space for others and collaborating," Downey said.

THE ASSOCIATED PRESS

Ensemble

Sharing the load

Stitching together so many characters and story-lines could have turned into herding cats, but the communal structure meant no single actor had to carry the action all of the time. Everyone took turns at centre stage, and each got to take welcome breathers during the long shoot, Robert Downey Jr. said.

"It was like a complicated pregnancy," Downey said. "I think everybody really bought into the spirit of the thing."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston ALL PHOTOS GETTY IMAGES

Please don't ask Jen about her ex-husband's engagement

This may not come as the biggest surprise, but Jennifer Aniston doesn't really want to talk about Brad Pitt and Angelina Jolie's engagement, according to Us Weekly.

"She hates it being brought up because she doesn't really care," a source says. "She feels Angelina can have him. She just wants to move on." Aside from the fact that it's been seven years since Pitt split with her and took up with Jolie, Aniston has moved on herself with boyfriend Justin Theroux.

"Jen's totally happy with Justin," says the source. "That's all in the past."

The best promotional video ever?

Just when you thought Toddlers and Tiaras couldn't get more disturbing: It looks like a certain five-year-old star of the reality show has it in for Justin Bieber.

In a promotional video for the cable TV series, young pageant contestant Bridgett says she wants to be an exterminator when she grows up, but her list of targets is troubling: "I like to kill the worms. I like to kill grasshoppers. I like to kill bees," Bridgett explains.

"I like to kill Justin Bieber."

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The Word

Spears gives up rights to dad and fiancé

THE WORD
Dorothy Robinson
scene@metronews.ca

In a sad state of affairs — for Britney Spears, at least — a Los Angeles court has approved a request to add fiancé Jason Trawick as a co-conservator in charge of her finances and decisions, according to TMZ.

Trawick, along with Spears' father, Jamie Spears, will be responsible for all decisions pertaining to the pop star's personal life. Spears has been under the conservatorship since 2008. It was originally reported that her father had requested Trawick be added, but it turns out it was the singer herself.

A lawyer for her father says her client is "thrilled" with the addition.

"It's all in the family."

Shudder. Look, it's apparent that Spears is still kind of a sick puppy and needs the guidance to make sure she doesn't have another spectacular flame-out during which she shaves her head and starts smashing cars with an umbrella and/or loses all of her money to skanky back-up dancers.

But still: Doesn't seeing a successful 30-year-old woman give up her rights to her father and soon-to-be husband feel like some medieval-level-ish?

Is Fox a mother-to-be?

A month after pregnancy rumours last surfaced, a source is now insisting to E! News that Megan Fox is expecting.

It would be the first child for the 25-year-old actress, though she's also stepmother to husband Brian Austin Green's 10-year-old son, Kassius. Parenthood is definitely a topic Fox hasn't been shy about: "I want at least two, probably three kids," she recently told Cosmopolitan magazine.

"I've always been maternal."

Alex Rodriguez

A-Rod hearts Cameron Diaz, George Clooney

Yankees slugger Alex Rodriguez has kept tight-lipped about his relationships, but he's willing to offer some kind words about ex-girlfriend Cameron Diaz.

"I don't like talking about my relationships," Rodriguez tells with The Insider. "But I will tell you about CD: She's probably one of the greatest human beings I've ever met, and just an amazing light."

Of course, Diaz isn't the only A-lister Rodriguez can't help gushing about: "I think my new hero is George Clooney," he says.

"He's my new role model. I think he's done it right."

Heigl adopts another baby girl

Katherine Heigl and husband Josh Kelley have expanded their family, adopting another daughter, according to People magazine.

"Yes, they have adopted a baby," Heigl's rep confirms.

"No further details (are available) at this time." The couple adopted their first daughter, three-year-old Naleigh, in 2009. The actress explained earlier this year that this has always been their plan: "Josh and I started talking about it before we were even engaged," Heigl said. "We have talked about having biological children as well, but we decided to adopt first."

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SHOPPERS DRUG MART

3 LIFE

Superfood

Fennel

A vegetable, a herb or a spice? The sweet, liquorice taste of fennel can be added to food or drunk as a herbal tea.

Renowned for its digestive properties, fennel seeds are often chewed after a meal to aid digestion. Fennel is a fantastic source of vitamin C and a powerful anti oxidant that helps to maintain a healthy immune system.

Superfood

Persimmon

No, it's not a tomato but a persimmon. This bright orange fruit has zero fat and is high in carbs and natural sugars. It's high in fibre and Vitamin A as well.

A recent Japanese study showed that persimmon peel contained the phytochemical proanthcyanidin, thought to protect cells against oxidative damage associated with skin ageing.

ROMINA MCGUINESS/ METRO WORLD NEWS

On the web

Ellen DeGeneres says vegan diet wasn't always easy but she's glad she made the change

Liquid Assets

Resurrecting Down Under flavours

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.cca

In what seems like a month of celebrity deaths, it's sad that a member of one of my favourite '80s bands went to the great beyond nearly unnoticed.

That got me thinking about wine.

Greg Ham was the sax player for Down Under's Men At Work. A quintessential new wave group, it hit the big time then crashed and burned — much like the Aussie wine industry.

Australian wine was all that and more pre-21st century, but as wineries started chasing the same flavour profile, the liquid homogeny started to bore consumers.

Thankfully, an ever growing crop of interesting new producers have emerged from Australia. Many are taking advantage of the growing popularity of groovy grape blends and old school label graphics.

Gotham Wines' The Wine Men Of Gotham 2008 Grenache Shiraz ($13.99 - $14.99) has a throwback flavour reminiscent of the deep, dark Men At Work-era Aussie reds.

Though the mix of grenache and shiraz is classic French Rhone Valley, the two grapes combine with harmony in a warmer climate and the concentrated berry goodness tastes as lip-smacking on its own as it does with grilled meats from the barbie.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Lip-smacking, slow-cooked comfort food

Balsamic Braised Short Ribs. The deep flavoured sauce and ribs are perfect over mashed potatoes

Braising doesn't have to be as intimidating as you may think it is.

It is really just a matter of cooking food, usually meat, for a long period at a low temperature and submerged in some kind of liquid. Pot roasts are a good example. Many foods cooked in a slow cooker also qualify.

Short ribs are the ideal cut of meat to be braised. They have quite a bit of marbling and can be tough if not properly cooked.

You can also get short ribs off the bone, but for the best flavour, opt for on-the-bone.

This recipe braises in a tangy blend of balsamic vinegar and seasoned stock.

A lot of the flavour comes from the caramelizing of the meat and the vegetables, so don't skimp on the browning.

After the meat is tender, you just boil the liquid down to a glaze.

Serve the short ribs and their glaze over mashed potatoes, creamy polenta or egg noodles

1. In heavy-bottomed pot, heat oil over medium heat. Working in batches, sear short ribs for 4 mins. on each side or until well browned; transfer to a plate.

2. Add the leeks, onions, carrots, celery and garlic; cook, stirring occasionally, 15 mins. or until well browned. Add tomato paste, salt, red pepper flakes, and black pepper; cook for 7 mins. or until tomato paste turns a brick reddish-brown colour.

3. Add vinegar, sugar, rosemary and mustard. Scrape up any browned bits from bottom of pot. Return short ribs to pot, then add beef stock. Bring mix to low simmer and cover. Pot can be left on stovetop on low heat or placed in a 160 C (325 F) oven for 2 hours or until ribs tender when pierced.

4. Carefully transfer meat to platter. Cover with foil and a couple of kitchen towels to keep warm. Using slotted spoon, remove and discard solids from liquid. Bring liquid to a boil on stovetop and cook until reduced to 250 ml (1 cup). Drizzle glaze over short ribs and serve.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.

Ingredients

- 15 ml (1 tbsp) canola oil
- 6 bone-in short ribs
- 2 each leeks (white parts only, sliced), onions (sliced), carrots (peeled and cut into pieces), stalks celery (cut into pieces), 2 cloves garlic (chopped)
- 30 ml (2 tbsp) tomato paste
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) red pepper flakes
- 2 ml (1/2 tsp) black pepper
- 125 ml (1/2 cup) balsamic vinegar
- 50 ml (1/4 cup) packed brown sugar
- 3 sprigs fresh rosemary
- 15 ml (1 tbsp) Dijon mustard
- 1 l (4 cups) unsalted beef stock

NEED A RIDE?
Read metro drive every Wednesday.

Riders still holding No. 1

CFL. Top Canadian prospect Heenan travels to Edmonton, but no deal has been made to trade pick

The Saskatchewan Roughriders still own the first pick of the 2012 CFL Canadian college draft.

A club spokesman confirmed that Thursday after the Edmonton Eskimos announced earlier that Saskatchewan Huskies offensive lineman Ben Heenan would be in the Alberta city for a visit.

The Roughriders and Eskimos hold the first and second picks, respectively, in the May 3 draft with Heenan projected to be taken first overall.

Heenan's arrival in Edmonton prompted speculation that the Eskimos had reached a deal with the Riders for the No. 1 pick and therefore could bring Heenan to town knowing they'd be drafting him next week.

On Thursday, officials with both the Roughriders and Eskimos said no deal has been made between the two clubs for the No. 1 pick and that Heenan's visit to Alberta was just a chance for him to tour Edmonton's facility.

The Riders' official added the Saskatchewan club has made "no deal" with any CFL club for the No. 1 pick.

Adding a quality player who is from Saskatchewan — the six-foot-four, 310-pound Heenan is a native of Grand Coulee — appears to be a win-win situation for the Roughriders, who missed the CFL playoffs last season. However, the club added veteran offensive linemen Brendon LaBatte and Dominic Picard in free agency this offseason and is working on a contract extension with Chris Best, another veteran.

THE CANADIAN PRESS

Tillman's interest

Edmonton GM Eric Tillman has been open about his admiration of Heenan and several league sources have said Tillman has been working hard to make a deal with Saskatchewan for the top pick of the draft in order to have a shot at Heenan.

- **Saskatchewan GM Brendan Taman** has said he would like to hold on to the No. 1 pick and would only consider giving it up if a team was willing to surrender a Canadian starter and additional picks to the Riders.

THE CANADIAN PRESS

Brendan Taman
THE CANADIAN PRESS/FILE

Rangers hold off Senators to win Game 7

New York Rangers' Dan Girardi, left, scores a goal on Ottawa Senators goalie Craig Anderson Thursday in New York. Rangers defencemen Marc Staal and Dan Girardi scored 4:18 apart in the second period, Henrik Lundqvist made 26 saves and top-seeded New York eliminated the pesky eighth-seeded Ottawa Senators from the playoffs with a 2-1 victory in Game 7 on Thursday night. JULIO CORTEZ/THE ASSOCIATED PRESS

Hockey. Canada falls to fifth in world rankings

Canada has dropped to fifth in world rankings released ahead of the IIHF World Hockey Championship.

Defending champion Finland remains No. 1 ahead of Sweden, Russia and the Czech Republic.

Canada sat in top spot after winning gold at the 2010 Olympics in Vancouver but has dropped down after consecutive quarter-final exits at the world championship.

The team added defenceman Marc-Edouard Vlasic of the San Jose Sharks to the roster Thursday.

The Canadian players participating in this year's tournament leave Thursday for Europe and will play two exhibition games in Zurich.

Canada opens the tournament May 4 in Helsinki against Slovakia.

THE CANADIAN PRESS

Marc-Edouard Vlasic
EZRA SHAW/GETTY IMAGES

NBA

Raptors finish season with win

The Toronto Raptors wrapped up another campaign to forget with a victory on Thursday — something they couldn't get nearly enough of when it mattered this season.

Ben Uzoh recorded Toronto's first triple-double in 11 years in the battle between bench players, with 12 points, 11 rebounds and 12 assists to lead the Raptors to a 98-67 win over the New Jersey Nets. Now, the Raptors head into the off-season to be playoff spectators for the fourth year in a row.

THE CANADIAN PRESS

Curling. Regina's Eberle and Hicke have Canada's lone undefeated team

Canada is the lone team to remain unbeaten in its group at the world mixed doubles curling championship.

Chantelle Eberle and Dean Hicke of Regina beat China 8-5 on Thursday to improve to 6-0 atop its group.

Meanwhile. China also beat Finland 11-1 and Latvia 8-4 to trail Canada at 5-1.

Canada plays Norway on Friday.

There are 27 teams competing at the event. Teams are divided into three round-robin groups — red, blue and yellow.

Round-robin play continues through Saturday.

Quarter-finals, semifinals and medal games will be played Sunday. THE CANADIAN PRESS

Quoted

"We watched (China) play a little bit and they are quite defensive. They would throw guards up early. So we wanted to get a feel for how they would play the game." Dean Hick

4 SPORTS

Maple Leafs

Luongo willing to go to T.O.?

The Vancouver Canucks goalie will include Toronto on a list of teams he would accept a trade to, says TSN, citing sources. Luongo has a no-trade clause but said this week he wouldn't block a trade if the Canucks wanted to move him. His backup, Cory Schneider, won the top job in the playoffs. Luongo is a protegé of Leafs goalie coach Allaire and assistant GM Dave Nonis brought Luongo to Vancouver when Nonis was GM of the Canucks.

TORSTAR NEWS SERVICE

On the web

The Phoenix Suns are facing a future without Steve Nash. With the Suns in the midst of a rebuild and Nash set to become a free agent, it could be time for the two-time MVP to finally move on. Scan the code for the story.

U of R's Hicks prepared to make leap to the NFL

Football. Defensive lineman's path to NFL draft has been a long, sometimes bizarre one

It has been a long, sometimes bizarre road to the 2012 NFL draft for Akiem Hicks.

It began five years ago at a junior college in California, then took an encouraging turn to Baton Rouge, La., and Louisiana State University. But that promise ended bitterly with a recruiting violation that resulted in Hicks leaving school before another odd twist landed Hicks at the University of Regina to continue playing football and pursuing an education.

Taking the path less travelled could pay off handsomely for the six-foot-five, 318-pound defensive lineman from Elk Grove, Calif. He's projected to go anywhere between the third and seventh rounds of this week's draft, which began Thursday night and runs through Saturday.

"It has been a wild journey but a great journey," Hicks said via telephone from Fort Lauderdale, Fla., where he was finishing his pre-draft workouts. "My dad always told me to have a Plan B.

"Well, Plan A didn't work and I had to make a Plan B on the run, but it has worked out."

Hicks will probably be picked during the second or third rounds Friday night or the final four rounds Saturday.

"I know I won't be a first-day guy. I'm just hoping to be taken somewhere in the middle," Hicks said. "But all I'm looking for is an opportunity. There is another step after that, which is actually being prepared to be on the field. That's what I find to be the most exciting part of it, to be able to play at that level."

Had Hicks remained at LSU, agent Frank Murtha believes his client would've been a bona fide first-round prospect.

"The team that drafts Akiem, from a scouting standpoint, the first thing they'll get is what we call a high-ceiling guy," Murtha said. "He's someone who projects to have tremendous potential and is enormously capable and talented. They'll get someone who isn't a completely unmoulded piece of clay."

Murtha knows about football talent. He represents 13 NFL players, including former CFL kicker Justin Medlock (Carolina Panthers), Jacksonville Jaguars centre Brad Meester and Chicago Bears receiver Johnny Knox.

THE CANADIAN PRESS

Quoted

"I think if you guys will accept me, I'd be more than happy to have dual citizenship."

California native Akiem Hicks on his Canadian background

Recruiting scandal

Long road to Regina

In 2008 Hicks was considered a top junior college recruit and chose to enrol at LSU.

But he never played for the Tigers, sitting out the 2009 season after getting caught up in a recruiting scandal involving a former assistant coach providing Hicks unauthorized transportation and free and discounted lodging. There were also violations regarding impermissible phone calls.

Hicks left school after the 2009 season and during the NCAA investigation, Hicks couldn't transfer to another American school so he opted for the University of Regina in the winter of 2010, driving 22 straight hours at one point to reach the school.

In June 2011 the NCAA ruled LSU's football program had committed major violations and placed the school on probation for a year. It accepted the university's self-imposed reduction of two scholarships during the 2010-11 academic year as well as a 10 per cent cut in official visits and reductions in recruiting calls.

Hicks said he never knew he was doing anything wrong because he was working and paying rent while at LSU.

Canada became an option for Hicks when the CFL's Toronto Argonauts offered him a chance to play.

"At that time it was either the CFL, supplemental draft for the NFL or play for Regina with the hope of finishing my degree," Hicks said. "School, I feel, was No. 1 so I decided to go to the University of Regina." THE CANADIAN PRESS

NFL commissioner Roger Goodell poses with Andrew Luck on Thursday night in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

NFL. Colts make Luck official heir to Manning

Six weeks after saying goodbye to Peyton Manning, the Indianapolis Colts handed Andrew Luck a blue and white jersey, expecting him to be their quarterback for the next decade.

Luck couldn't have chosen a tougher act to follow, but many believe he is the most NFL-ready passer to enter the league since Manning went No. 1 overall in 1998. All Manning did was win an unprecedented four MVP awards and a Super Bowl for Indy.

The Stanford quarterback was told by the Colts last week that commissioner Roger Goodell would announce his name first Thursday night. He got the nod over Baylor QB Robert Griffin III, the Heisman Trophy winner who was taken second overall by the Washington Redskins.

After being loudly booed at the outset, Goodell told a raucous crowd at Radio City Music Hall that "the season begins tonight, so let's kick it off." Then he did, congratulating Luck while the crowd chanted "RG3, RG3."

To get Griffin, Washington dealt a second-round pick this year and its first-rounders in 2013 and '14 to St. Louis to move up four spots.

Less than an hour before Goodell began the draft, Cleveland and Minnesota pulled off another trade. The Browns moved up just one spot, from fourth to third, to ensure getting running back Trent Richardson of national champion Alabama. Minnesota received picks in the fourth, fifth and seventh rounds and still was in position to get one of the elite prospects in this draft.

Minnesota then took Southern California offensive tackle Matt Kalil, who the Vikings were expected to take at No. 3 anyway.

THE ASSOCIATED PRESS

Tennis

Raonic's clay game 'progressing well'

Canadian Milos Raonic dominated sixth-seeded Spaniard Nicolas Almagro 6-3, 6-3 Thursday to reach the quarter-finals of the Barcelona Open.

The 11th seed from Thornhill, Ont., needed just 67 minutes to advance comfortably on Centre Court at the Real Club de Tenis against the clay specialist.

"This was probably my best win on clay," said Raonic. "There's been a big change for me this week. I'm very proud of my play today, and I'm progressing well."

Raonic will face No. 2 seed Andy Murray on Friday. THE CANADIAN PRESS

Milos Raonic reacts after Thursday's win. THE ASSOCIATED PRESS

NHL

Chara, Karlsson and Weber in Norris running

Zdeno Chara of the Boston Bruins, Erik Karlsson of the Ottawa Senators and Shea Weber of the Nashville Predators are the finalists for the Norris Trophy for the NHL's best defenceman.

The winner will be announced June 20 at the NHL awards ceremony in Las Vegas.

THE ASSOCIATED PRESS

Warmer markets finding hockey cool once again

Coyotes goaltender Mike Smith surveys the action during Game 2 of Phoenix's first-round series against Chicago. CHRISTIAN PETERSEN/GETTY IMAGES FILE

The Phoenix Coyotes roused a dormant fan base with an energetic season-ending burst that carried into the playoffs.

Lunch-pail likable and brilliantly resilient, they have made hockey cool in the desert again and given the playoffs a distinctive new vibe by reaching the second round for the first time in a quarter century.

And they're not alone.

After years of the same handful of teams competing for the cup, Lord Stanley's mug has some new pursuers.

Red Wings, Canucks, Blackhawks, Bruins — they're all gone. In their place, still in the chase, are the Coyotes, Predators, Kings and Blues.

Parity has taken over in the NHL playoffs, raising the possibility that the Stanley Cup could end up in a place like Nashville or Glendale, Ariz.

"You look at who's out: Detroit, San Jose and on and on," Coyotes general manager Don Maloney said. "And look at Chicago. That's a team that could easily be playing in the finals. That's how tight things are."

Prior to the 2004-05 lockout, the NHL had what felt like an inevitable march towards glory.

From the '90s forward, teams like Pittsburgh, Detroit, New Jersey and Colorado took turns trading the cup, combining for nine titles in 13 years.

Tampa Bay broke up the monopoly in 2004 and the change continued after the players returned and the salary cap was put in place, levelling the rink so small-market teams had a chance.

Since the lockout, there have been six different champions, though there still were plenty of intriguing matchups. This year's Stanley Cup finals could be Florida against Nashville.

That's not a bad thing, just different. THE ASSOCIATED PRESS

Quoted

"You know, the Detroits and the Vancouvers, they're gone now, and Pittsburgh, so everybody's going to think, 'This is the chance of a lifetime.'"

Ken Hitchcock, St. Louis Blues head coach.

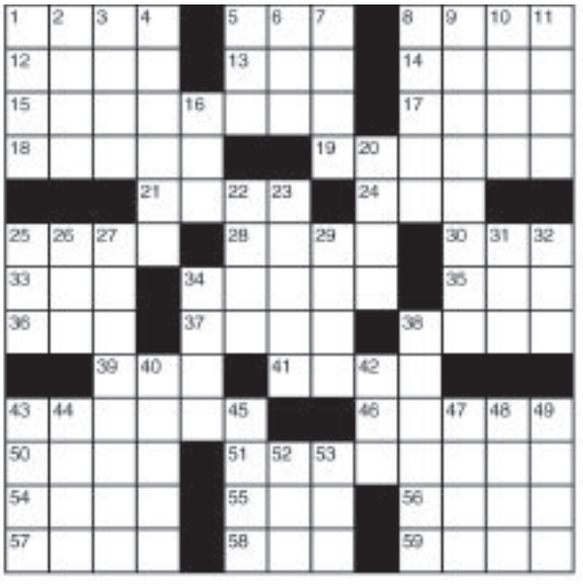
Crossword

Across

1 Approached the plate
5 Erstwhile acorn
8 Easy marks
12 Actress Spelling
13 Evening hour in old Rome
14 Fall hard
15 Most importantly
17 "Three Sisters" sister
18 Huge goof
19 Tortilla chips
21 Obi
24 Ring decision
25 Castle protection
28 Mexican entree
30 Submachine gun
33 Night bird
34 Antitoxin
35 Disencumber
36 Grown-up elver
37 Renders speechless
38 Venomous vipers
39 Bleacher denizen
41 Unwanted e-mail
43 Jagger's band
46 Undergo catharsis
50 Hoodlum
51 Pop song of 1952
54 Dumbo's "wings"
55 Chic no longer
56 Greek vowels
57 Atomizer squirt
58 Teensy
59 Arp's art

Down

1 Impale
2 Timber wolf
3 Unyielding
4 Strip
5 Eggs
6 Have a bug
7 Furnace of a sort
8 Enterprise officer
9 A very late time
10 Comic-strip possum
11 Resorts international?
16 Historic period
20 Fermi's bit
22 Leftovers recipe
23 Cottontails
25 Curly's brother
26 Haven't paid yet
27 Card game for crawlers?
29 Point
31 Energy
32 Driver's lic. et al.
34 Logical
38 Entertained
40 Apprehension
42 Suitable
43 Goblet feature
44 Siamese
45 Pack away
47— -tat-tat
48 Pleased
49 "Born Free" lioness
52 Shading
53 Noshed on

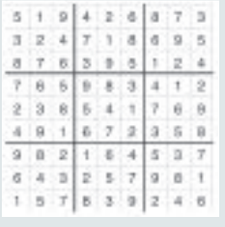


Sudoku

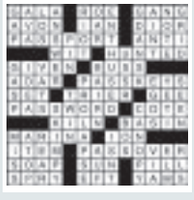
	8						5	
		4		8		6		
9	7						2	1
		8	9	2	1	3		
		1	4	3	6	9		
5	1						4	6
		6		7		5		
	2						8	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword



Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XZISBA PDLSI HTNUSH TZPSBAN, PDL PDSINPM EVSLBN VSYLX PT UEYL E NPTO GM PDL NOEHL GEI.

Yesterday's Cryptoquip: WHEN PEOPLE ARE CURSING ON A ROLLER COASTER, COULD YOU SAY THEY'RE SWEARING UP AND DOWN?

Today's Cryptoquip Clue: L equals E

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Anyone who thinks they can blackmail you in any way, shape or form is in for a surprise today.

Taurus | April 21 - May 21. You may have to tread on toes today but that's OK because you have serious things to take care of and you don't have time for pleasantries.

Gemini | May 22 - June 20. You are in a playful mood at the moment and simply cannot be bothered with people whose outlook on life is negative

Cancer | June 21 - July 22. You may feel that someone has let you down, but it's not the end of the world, so snap out of it.

Leo | July 23 - Aug. 22. You have a knack of being able to make other people believe you. Use that talent to your advantage.

Virgo | Aug. 23 - Sept. 22. It's not true that you don't have as much talent as your rivals, so stop tormenting yourself.

Libra | Sept. 23 - Oct. 22. You can probably bluff your way out of trouble quite easily today but don't think you can go down this route indefinitely.

Scorpio | Oct. 23 - Nov. 21. Don't push yourself too hard over the next two or three days because the serious stuff can quite safely be left until Monday morning.

Sagittarius | Nov. 22 - Dec. 21. You won't be in a very chatty mood today, not at all your usual happy-go-lucky Sagittarian self.

Capricorn | Dec. 22 - Jan 20. It seems you have come to the conclusion that certain issues are not worth getting worked up about.

Aquarius | Jan. 21 - Feb 18. Don't give up on something just because it turns out to be harder than you expected.

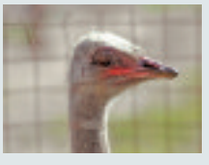
Pisces | Feb. 19 - March 20. It's a good time to approach people in positions of authority. Show them that you are serious about moving up in the world they will help you in every way they can. SALLY BROMPTON

Caption Contest

"You are getting sleeeeeeepy"
Danille

MICHAEL PROBST/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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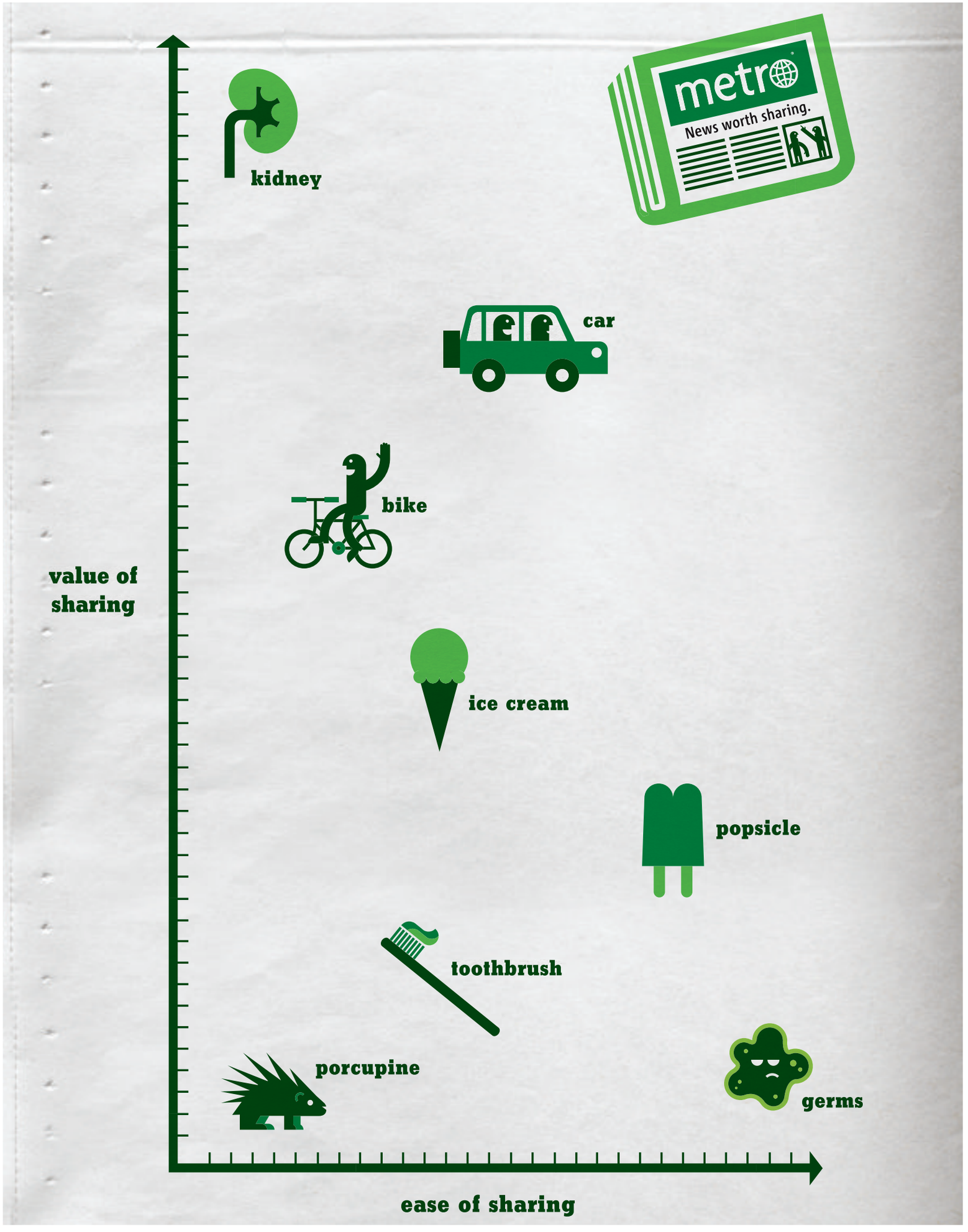
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